



DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

FOR FOOD EDITORS

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SEAFOOD AND EGGS--A GOOD COMBINATION FOR SPRING

Seafoods will be in good supply this spring, reports the Department of the Interior, and eggs are also expected to be at their season peak according to the Department of Agriculture.

This seasonal availability of many of our popular fish and shellfish means that almost every taste can be accommodated. Shrimp and scallops, together with eggs, are on the Department of Agriculture Plentiful Foods Lists this spring and are moderately priced. Other seafoods that are in good supply are cod, crab, flounder, fresh water fish, haddock, halibut, spiny lobster tails, and whiting.

The flavor of seafoods and eggs combine very well in tasty main dishes and it should be noted that seafoods and eggs are excellent sources of well-balanced protein so necessary for building and repairing body tissue.

The home economists of the Bureau of Commercial Fisheries suggest the following recipes containing seafoods and eggs that will enable the homemaker to take advantage of these plentiful, moderately priced, nutritious and delicious foods.

HALIBUT AND MUSHROOM PIE

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| 1 pound halibut steaks or other | 1 teaspoon grated onion |
| fish steaks, fresh or frozen | $\frac{1}{4}$ teaspoon salt |
| 1 quart boiling water | Dash pepper |
| 1 tablespoon salt | 3 eggs, beaten |
| 1 cup pastry mix | 1 can (4 ounces) mushroom stems |
| 3 slices bacon | and pieces, drained |
| $1\frac{1}{4}$ cups milk, scalded | Paprika |
| 2 tablespoons chopped parsley | |

Place steaks in boiling salted water. Cover and return to the boiling point; simmer for 10 minutes or until fish flakes easily when tested with a fork. Drain.

Remove skin and bones. Flake. Prepare pastry mix as directed on package. Roll and line a 9-inch pie pan. Fry bacon until crisp; drain and crumble. To milk add parsley, onion, salt, and pepper. Add hot milk mixture gradually to the egg, stirring constantly. Place fish in pie shell. Cover with mushrooms. Pour milk-and-egg mixture over mushrooms and fish. Sprinkle bacon and paprika over pie. Bake in a hot oven, 425°F., for 20 minutes; reduce heat to 325°F., and continue baking about 10 to 15 minutes or until pie is firm in the center. Serves 6.

HADDOCK AND CHEESE SOUFFLE

1 pound haddock fillets or other fish fillets, fresh or frozen	$\frac{1}{4}$ teaspoon Worcestershire sauce
1 quart water	2 or 3 drops tabasco
1 tablespoon salt	Dash pepper
3 tablespoons butter or other fat	$\frac{3}{4}$ cup milk
3 tablespoons flour	$\frac{1}{2}$ cup grated cheese
$\frac{1}{2}$ teaspoon salt	4 egg yolks, beaten
	4 egg whites, beaten

Thaw frozen fillets. Skin fillets and place in boiling salted water. Cover and return to the boiling point; simmer for 10 minutes or until fish flakes easily when tested with a fork. Drain. Flake. Melt butter; blend in flour and seasonings. Add milk gradually and cook until thick and smooth, stirring constantly. Add cheese and fish; continue heating until cheese melts. Stir a little of the hot sauce into egg yolk; add to remaining sauce, stirring constantly. Fold into egg white. Pour into a well-greased casserole. Bake in a moderate oven, 350°F., for 45 minutes or until soufflé is firm in the center. Serves 6.

BAKED SCALLOP TIMBALES

1 pound scallops, fresh or frozen	$\frac{1}{4}$ teaspoon paprika
2 tablespoons butter or other fat, melted	1 teaspoon salt
1 cup soft bread cubes	Dash pepper
1 tablespoon chopped parsley	$\frac{1}{3}$ cup milk
	3 eggs, beaten

Thaw frozen scallops. Remove any shell particles and wash. Chop scallops. Combine all ingredients. Place in 6 well-greased, individual shells or 5-ounce custard cups. Bake in a moderate oven, 350°F., for 25 to 30 minutes or until firm in the center and brown. Serves 6.

SHRIMP LOUIS

$\frac{3}{4}$ pound cooked, peeled, cleaned shrimp, fresh or frozen	2 tomatoes, sliced
1 head lettuce	3 hard-cooked eggs, sliced
	Louis Dressing

Thaw frozen shrimp. Shred lettuce and place in a large shallow salad bowl. Arrange shrimp over the lettuce. Around the edge place alternate slices of tomatoes and eggs. Spread Louis Dressing over shrimp. Serves 6.

LOUIS DRESSING

1 cup mayonnaise or salad dressing
3 tablespoons catsup
1 tablespoon chopped onion
2 tablespoons chopped sweet pickle

Combine all ingredients and chill. Serves 6.

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